Structure: The structure of the skeletal muscle, or striated muscle, is a muscle which is connected directly with a bone, the cells in it are very striated, and that’s why it’s called like this. It is one of the 3 major muscle types, among the cardiac, and the smooth. These muscles are connected to the bone by the tendons.

Each organelle in it, its arranged in a way to the muscle to produce its functions. The muscle cells, or muscle fibers, are integrated by a variety of components.

Parts: the parts of the skeletal muscle, are:

* Tendon: is the link between the bone and the muscle.
* Sarcomere: Is the basic composer of myofibrils.

Muscle cells:

* Myofibrils: Is a tubular muscle cell, where the nucleus lies.
* [troponin](http://en.wikipedia.org/wiki/Troponin) and [tropomyosin](http://en.wikipedia.org/wiki/Tropomyosin" \o "Tropomyosin): are two regulatory proteins that help the muscle contract, and relax.
* Nucleus: as in all the cells the nucleus is like the brain of the cell, it controls the cell.

Functions of the muscle:

The main functions of the skeletal muscle are to produce movement (contraction and relaxation), articular stability, protection, produces force, and it can produce energy, it also helps the posture maintenance, and also because of the friction and the energy release, it maintains heat.

Types of skeletal muscles: the muscle fibers inside each muscle, are organized in a different way, they could be organized in a parallel or in an oblique form. As each different organization, the parallel way, permits the muscles contraction to be large, instead, the oblique way, is the opposite, for example the rectus abdominus, or the sternomastoid, and an example of an oblique organized way, is the deltoid muscle.

Characteristics: Some of the characteristics that this type of muscle has, is the excitability, which is the reaction, or stimulation of the muscle, the contractility, that is the capacity of the muscle to shorten its length, the extensibility, which is the capacity, of stretching when pulled, and the last on is to elasticity, and as its name says, its the ability of returning to its original shape after being stretched (for example in contraction, and relaxation).

Contraction and relaxation:

The contraction and the relaxation of all muscles can be resumed in 4 steps:

1. The nerves send a message to the muscle for it to release a neurotransmitter.
2. This neurotransmitter, releases other substances that reach some parts of the muscle fiber.
3. These substances make the muscle to contract.
4. When all this substances are pumped back, is when the relaxation occurs.







